Moving Forward Conference

Learning How to Become a Disability Rights and Advocate Leader

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Advocate Panel- Amelia Dickey, Val Sedillo, Shana Heath, Crystal Garcia, Roel Adamson, Krystal Ortiz, Alicia Lucoski
Welcome and Introductions
AGENDA

- Welcome and introductions
- Brief overview of disability rights
- What is advocacy
- Barriers to advocacy
- Being a good leader
History of Disability Rights

Through the efforts of many people over many years, disability legislation includes but is not limited to:

- The Rehabilitation Act (1973)
- Education for all Handicapped Children Act (1975) replaced by IDEA
- Individuals with Disabilities Education Act (1990)
- The Americans with Disabilities Act (1990)
- Olmstead Act (1999)
- Centers for Medicare and Medicaid Services (CMS) Home and Community Based Services (HCBS) Settings Final Rule (2014)
What Disability Laws are Important to you, your family and your friends?
Advocacy

What does it mean to YOU?

Qualities of effective advocacy

Qualities of ineffective advocacy
What is Advocacy?

- learning how to speak up for yourself and others
- making your own decisions about your own life
- learning how to speak up for yourself
- making your own decisions about your own life
- learning how to get information so that you can understand things that are of interest to you
- finding out who will support you in your journey
- knowing your rights and responsibilities
- problem solving, listening and learning, reaching out to others when you need help and friendship
- learning about self-determination
What do we mean by advocacy and leadership?

Advocacy is taking action and being accountable for oneself in creating a better life. Now the act of a leadership is the ability to empower others to achieve a collective set of goals for a progressive future.

Advocacy is all Important

Advocacy is to ensure that all
people in society are able to have their voice heard on issues that are important to them. Protect & help them learn their right and have their views and wishes genuinely take in considered when decisions are being made about their lives.
Why is Advocacy Important?
What stops us from advocating?

- Afraid of what people will say/we might be teased
- Afraid we’ll make a mistake
- Nobody will listen to me
- We don’t know how
- Someone else can do it
- It won’t really make any difference/why bother
- It’s too much work
- It will take too long
- I’m tired
Responsibility for Choices and Decisions

With rights and choice comes responsibility.

- Know about consequences
- Speak up for yourself and your friends
- Be kind
- Listen to others
- Work things out with other people
- Challenge yourself to think big
- Try something new
What does it mean to be a good leader?
Qualities of a good leader
Questions?
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